

## Dental



- ☐ Help your child to be responsible for daily dental care.
- ☐ Brush teeth, gums and tongue after every meal. Use a small, jiggling motion with the bristles angled to the gums. Use a very small amount of fluoride toothpaste. Help child floss teeth daily.
- ☐ Show good dental health habits by daily brushing and flossing your own teeth.
- ☐ Use a mouthguard for sports.
- ☐ Take your child to see a dentist at least once a year. Ask about fluoride, sealants and mouthguards.
- ☐ Help your child give up thumbsucking.
- ☐ Limit sweets to prevent dental cavities.
- ☐ Store fluoride and toothpaste out of your child's reach.

## Nutrition

- ☐ Encourage good eating habits. Offer 3 meals and 2-3 snacks daily. Give a variety of foods with:
  - 5-9 servings of vegetables or fruits
  - 7-11 small servings of breads, cereals, or grains
  - 2 cups of nonfat, 1% or 2% milk, cheeses or yogurt
  - 2 servings of protein foods, like lean meats, poultry, fish, eggs, or dried beans
- ☐ Let your child serve himself and decide how much to eat.
- ☐ Eat breakfast with your child for better learning.
- ☐ Offer healthy foods for meals and snacks:  
Nonfat, 1% or 2% milk  
juice                      tofu  
peanut butter            popcorn  
bean burrito              yogurt  
wheat toast                raw vegetables  
lean meats,                cheese sandwich  
chicken                    unsweetened  
crackers, nuts             dry cereal  
fresh fruit
- ☐ Offer water when thirsty. Limit fast foods, fruit juice, punch, soda and other sweet drinks.
- ☐ Ask your child to help you in the kitchen. Foods you fix together are more likely to be eaten.
- ☐ Buy foods low in fat, sugar and salt.

## 6 - 8 Years

# Growing Up Healthy



Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### **Next Appointment:**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Keep emergency numbers handy:**



**Police, fire, ambulance:** Call 911

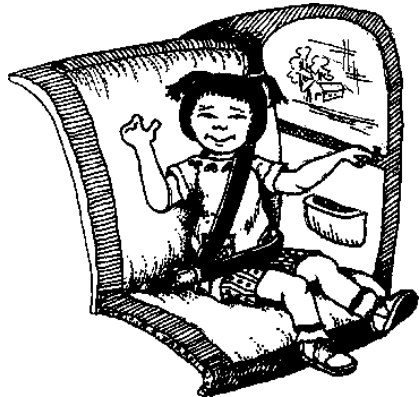
**Poison Control Number:** 1-800-876-4766

- Learn Child CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.
- Have a carbon monoxide alarm.



## Health and Safety

- ❑ Use a car safety seat or seat belt for every ride.
- ❑ The back seat is the safest place for all children. Never put your children in the front seat if there is an airbag.
- ❑ Never leave your child alone near water. Help your child learn water safety and how to swim.
- ❑ Teach your child about traffic lights and how to use a cross walk. Have your child wear a helmet for riding scooters, bikes, skateboards and while skating.
- ❑ Unload and lock up guns and bullets.
- ❑ Keep your child away from loud noises.
- ❑ Label and lock up all harmful things: soaps, cleaning solutions, lye, liquor, vitamins, iron pills, other medicines, poisons and electrical tools and matches.



## Parenting Tips

***Teach your child to avoid strangers.  
Your child should never go with or  
accept anything from a stranger.***

### **What to Expect**

- ❑ Your child may be able to:
  - Name colors and tell a simple story.
  - Recognize most letters of the alphabet.
  - Begin to know right from wrong.
  - Begin to know left and right.
  - Enjoy "playing house."
  - Follow simple directions.
  - Set and clean table and clean up room.
  - Bounce and catch a ball and learn to ride a bike.
  - Play well with other children.

### **What You Can Do**

- ❑ Give your child lots of praise, love, attention, and affection.
- ❑ Help your child feel secure with a family routine. Also make family rules for your child to follow.
- ❑ Help your child learn his full name, address, and telephone number.
- ❑ Read with your child and talk about school work and daily activities.
- ❑ Limit television.
- ❑ Play games with your child using cards, dice, or dominoes.
- ❑ Answer questions honestly and in a simple way.
- ❑ Teach your child the differences between "good" versus "bad" touches. Teach your child how to say "no" to bad touches and to tell you.
- ❑ Avoid street drugs, tobacco use and alcohol. Your child will want to copy your actions. Be a role model.

*If you find yourself about to hit, shake or harm your child, call a "Hot Line" or a friend for help.*

6 - 8 Years

## Health and Safety

- ❑ Take your child for regular health exams and vaccines (shots).
- ❑ Let your child play outside daily. Let your child play with other children and make friends.
- ❑ Keep your child's skin, hair, body and clothes clean.
- ❑ Wash bed sheets weekly.
- ❑ Have your child wash hands with soap and water before eating and after using the toilet.
- ❑ Keep your child away from tobacco smoke. Stop all tobacco use.
- ❑ Take your child for a blood lead test.

